



Learn practical ways to promote healing and build resilience in your community.

Learn more about the healing-engaged and trauma-informed movement.

Attend dynamic workshops. Hear inspiring speakers.

All are invited to a special gathering:

Convening at the Intersection of Trauma, Faith and Resilience to Connect, Learn, Heal and Serve

Thursday, January 30, 8:00 a.m. to 4:00 p.m.

Chicago Teacher's Union Foundation

1901 W. Carroll Avenue, Chicago

The day will provide an opportunity to connect with others, attend dynamic workshops and hear inspiring speakers, including **keynote speaker, Dr. Iva Carruthers**, founding trustee and General Secretary of the Samuel DeWitt Proctor Conference, an interdenominational organization within the African American faith tradition focused on social justice issues.



During this special gathering we will:

- Learn about the intersection of faith, trauma and resilience.
- Discover concrete actions we can take to create, model and guide transformation to become trauma-responsive and healing-engaged congregations and communities.
- Heal and nourish our own spirit.

Share Your Wisdom at the Share Fair

Share your resources, programs and experiences. To participate in this free opportunity, complete the Resource Share Fair Application at <https://bit.ly/38YoCSy>.

Be a Sponsor

Increase awareness of your organization and its mission by supporting the trauma-informed movement! To learn more, contact Kirsten Peachey at 630-929-6017 or kirsten.peachey@advocatehealth.com.

Register today by visiting <https://faithandresilience.eventbrite.com>.

Registration fee of \$30 or students \$15 includes lunch and Continuing Education Unit for nurses and social workers. Questions and scholarship requests: Contact Octavia Tyson at octavia.tyson@cityofchicago.org.



Resilience and Vitality Coaching and Consulting



Check out the next page for a list of workshops and inspiring speakers!

Plenary Sessions: Connecting to Self, Connecting to Others, Connection to Higher Purpose

Dr. Hema Pokharna, Coaching for Leadership, Resilience and Vitality

Through three plenary sessions led by Dr. Pokharna, participants will gather and explore how they can be the peace they wish to see in the world, how they can speak peace in a world of conflict and how they can express their loving that makes the biggest difference for themselves and the world.

Workshop Option 1: Dealing with Domestic Violence in the Parish

Father Chuck Dahm, Archdiocesan Director of Domestic Violence Outreach

Father Dahm will discuss signs and symptoms of domestic violence; how to recognize the impact of domestic violence, and how to **identify small- and big-scale practical ways to become a trauma-informed** and healing-engaged community of faith

Workshop Option 2: Eight Blocks at a Time: A Community-Based Approach to Building Resilience

Apostle Dr. Carolyn Vessel, Founder and CEO, I AM ABLE Center for Family Development, Inc.

Rev. Dr. Vessel will discuss **a faith-rooted community-based model for building resilience**. For 27 years I AM ABLE, a Christian faith-based Community Mental Health Center, has been providing clinical and psychosocial services at the community level. Through a variety of trauma-informed-care programmatic offerings, our family systems, strengths-based agency serves those at the fringes of life and turns no one away.

Workshops Option 3: Nurturing Psychological and Spiritual Wellness in the Muslim Community

Dr. Fahad Khan, Deputy Director and Clinical Director, The Khalil Center

Dr. Khan will discuss the sources and impacts of trauma in the Muslim community and how to incorporate **practical methods of promoting psychological and spiritual wellness** in the Muslim community.

Workshop Option 4: Restorative Justice Practices: A Relationship-Building Approach

Minister Attorney Michelle Day, Founder and CEO, Nehemiah Trinity Rising

Restorative Justice emphasizes building interpersonal and systemic relationships that prevent or repair unjust behavior through collective efforts. It is both a way of life which fosters the existence and continuity of a strong community and a process that creates space for truth telling and healing to happen where harm has occurred. This workshop will offer experiences of a variety of restorative **justice practices that can be practiced in a faith-based setting** as part of the commitment to being healing engaged.

Workshop Option 5: Resilience and Healing for Those Who Provide Support for Others

Stacye Flint, Chaplain, Advocate Children's Hospital

When we journey with each other through times of crisis, trauma or adversity, we take each other's burdens into our own bodies and spirits. This conversation provides space for participants to talk about how **we can nurture our own thriving as we walk alongside others in times of stress.**

Workshop Option 6: Recognizing and Healing Inequities & Oppression in Faith Communities

Rabbi Menachem Cohen, Mitzuit Jewish Community, Spiritual Director, Game Designer

Faith communities are human institutions and we often inflict wounds on each other through judgement, exclusion, abuse, or spiritual harm. This workshop **explores the work of accountability and repair** as a central task of becoming trauma informed and healing engaged.

Workshop Option 7: Liturgy, Ritual and Prophetic Communication as Approaches to Healing

Rev. Lis Valle-Ruiz, PhD, Assistant Professor of Homiletics, McCormick Theological Seminary

This workshop explores how both formal and informal **ritual and liturgy can offer powerful ways for us to process and heal** when we experience trauma and adversity as individuals, but also as communities and across history.

Workshop Option 8: Addiction, Recovery and Healing—Practices and Approaches in the Jewish Tradition.

Cantor Rabbi Rob Jury, Anshe Tikvah

This workshop will introduce **Jewish practices for recovery and healing of trauma and addiction**. Participants will have the opportunity to ground themselves in a Jewish sacred text and meditative practice, learn about resources available in the Jewish community to address trauma and addiction. The workshop will also have a brief question and answer period for participants to explore incorporating these spiritual practices in their own context.

This gathering has been presented by the Chicagoland Trauma Informed Congregation Network, an interfaith table that brings together faith-rooted organizations and others that are interested in using our collective wisdom to respond to the call to facilitate and deepen the role of faith communities in recognizing and creating "safe and brave spaces" that support the healing of trauma experienced by individuals and communities. The Network is not a direct service provider, but a vehicle for education, skills transfer and connection of the intersection of faith, trauma and restorative justice.